

Food Notes | The Newsletter of Food for People

SPRING ISSUE 2019



Food for People volunteers & staff
at the McGuire Food Drive sorting event

In this Issue

Offering a Hand

Our Hunger Fight

Nutrition for All

307 West 14th Street
Eureka CA 95501
707-445-3166
www.foodforpeople.org

The Food Bank for Humboldt County



Eureka CA 95501
Permit No 159

Food for People
The Food Bank for Humboldt County



Board of Directors

Carol Vander Meer, *President*
Martha Spencer, *Vice President*
Lew Litzky, *Treasurer*
Nick Vogel, *Secretary*
Amber Madrone
Bill Daniel
Dean Hart
Dorina Espinoza
Edie Jessup
Marina Cortez-Hash
Mark Murgia
Neal Latt
Jerome J. Simone

Staff

Adam Hayes
Development & Communication Specialist
Anne Holcomb
Executive Director
Carly Robbins
Development Director
Carrie Smith
Child Nutrition Programs Coordinator
Corey Tipton
Business Resources Manager
Deborah Waxman
Director of Programs
Erin Tharp
Choice Pantry Coordinator
Frank DiLorenzo
Driver
Heidi McHugh
Community Education & Outreach Coordinator
Hailey Mohland
Pantry Network Coordinator
José Mendez
Warehouse Assistant
Juan Miranda
Bilingual CalFresh Outreach Specialist
Judy Langley
Fundraising Assistant
Karen Asbury
Inventory Database Manager
Lori Rudebock
Finance Director
Matt Drummond
Nutrition Education Coordinator
Michael Regan
Logistics Manager
Michelle Dedekam
Warehouse Distribution Specialist
Michael Barnes
Senior & Homebound Programs Coordinator
Mikayla Godman
Receptionist
Mike Seeber
Mobile Produce Pantry Coordinator

Notes From the Director

The Impacts of a Shutdown

By Anne Holcomb



I'm hoping that by the time you read this the government shutdown will have ended and hundreds of thousands of government workers, some of whom have continued to work and others who have been shut out of their offices, will have received their paychecks and back pay. Our hearts go out to all those who are dealing with the enormous stress of not knowing how they are going to pay their rent or mortgage, put gas in the car (or make a car payment), cover medical and/or childcare costs and put food on the table. And

when one or more branches of the government or business community are not functioning as expected. That's what "business as usual" looks like for the food bank, because we are often the first place people turn to when a financial crisis turns a household upside down. As always, we want to do everything we can to help individuals and families impacted by the shutdown, because that's what we do, but this time around, we're also concerned about disruptions in the flow of food to our food bank.

As the shutdown has

Fed
ba

res
us.
tic
the
cor
cor
kn
we
ern
gra
Wh
Le
fro
thr
I h
for

Notes from the Director Continued

Child Nutrition Programs

The school meal programs and the Child and Adult Care Food Program (CACFP), which provides funding for after-school snacks and supper programs, have funding to cover program operations for the month of January. USDA will provide an additional two months' worth of funding, consistent with the standard practice of funding these programs on a quarterly basis.

Supplemental Nutrition and Safety Programs

WIC has the resources to cover projected State expenditures for March. USDA/FNS (Food and Nutrition Services) has identified an additional \$350 million in unspent prior year funds to allocate at a later date.

Food deliveries planned for February for the Commodity Supplemental Food Program (CSFP), which serves seniors age 60+ (Food for People has a caseload of approximately 350 here in Humboldt County) will continue. But due to the lapse, States have not received their 2019 caseload assignments, so CSFP-participating States must operate at 2018 caseload levels. Similarly, states have received no additional administrative funds since the lapse, and none can be made available until the lapse ends. In short, that means the quarterly reimbursement payments Food for People receives for administering the program are suspended.

Food deliveries planned for February for The Emergency Food Assistance Program (TEFAP), the USDA commodity food allocations, including the bonus and trade mitigation foods provided through the price supports program, will continue. Quarterly reimbursements for TEFAP (approximately \$15,000/quarter for Food for People) are also on hold until the shutdown ends.

FNS does not anticipate significant operational impacts for the **WIC Farmers' Market (FMNP) and Senior Farmers' Market Nutrition Programs (SFMNP)**, as they are seasonal benefit programs with annual grant funds.

For the Food Distribution Program on Indian Reservations (FDPIR), food deliveries planned for February will continue. FDPIR programs have administrative funding through January 31 and are expected to operate the program.

The following statement was issued by Secretary of Agriculture Sonny Purdue regarding CalFresh/SNAP benefits:

To protect SNAP participants' access for February, USDA is working with states to issue February benefits earlier than usual. USDA will rely on a provision of the just-expired Continuing Resolution (CR), which provides an appropriation for programs like SNAP and Child Nutrition to incur obligations for program operations within 30 days of the CR's expiration. USDA will be reaching out to states to instruct them to request early issuance of SNAP benefits for February. States will have

And Humboldt County DHHS issued re: CalFresh benefits for Humboldt C

Although we remain hopeful that Administration will come to an agreement quickly, there is a chance of January. Should the federal shutdown we have grown increasingly worried utilize CalFresh food assistance benefits (federal level) could see their benefits fully funded program that is subject to the state does not share in the cost of we have been notified that February 1/16/2019 in order to pull as much as possible. This helps us retain reserves down continues through February. due to the tight turnaround on implementation change to our systems.

One of the important things to know about CalFresh is the ripple effect it would have if the shutdown continues. DHHS data shows that CalFresh benefits are spent at local stores every month. The loss of that income from the bottom line and could lead to a reduction in production is not reached soon.

Humboldt County businesses are aware of the impacts of changes in the cannabis industry. It may well level out over time, but it still is concerning. Now we have the added challenge of local government employees who work for National Parks, Fish and Wildlife and other offices. We know our community will have the power to help our friends and neighbors. Life is filled with uncertainties that require a resilient social safety net to help us. Food for People stands ready to do our part and thank you best thanks to all those who stand with us.

With Gratitude,

Anne Holcomb,
Executive Director
aholcomb@foodforpeople.org





“

*You don't know
how much this
helps me...*

Food Pantry Recipient

”

You Have a Choice

A Pantry that Gives Food & Dignity

By Adam Hayes

Think about your shopping list for your next grocery store trip. In your head you probably plan on picking up your favorite pasta, some of your go-to snacks, and maybe even a guilty pleasure from the ice cream aisle. Imagine that while you walk through the entrance of the grocery store someone stops you and hands you a generic bag of food. This is your food for the month. You don't get to decide what type of vegetables you want or get to keep out the jar of peanut butter that you are allergic to. Many food banks and pantries operate with this model, but at Food for People, we handle food distribution a little differently.

In 2009, we adopted an innovative way to distribute food called a Choice Pantry. You can think of a Choice Pantry like a grocery store. Participants use a grocery cart and get to pick items from each shelf. The variety ranges from fresh local produce, grains, proteins, dairy, baking ingredients, and even sometimes treats like Cypress Grove Cheese. Whenever available, the Choice Pantry offers gluten-free and dairy alternatives. Most of the year,

On a typical distribution day we serve over 100 households. When a household arrives, we conduct an intake interview to get to know their needs. We typically help them sign up for CalFresh and other resources they might need. This is not just about food; it's to form a real relationship. The Choice Pantry supports the progress people make, whether it's finding housing and for others is finding housing. We get to know the people we serve.

The Choice Pantry brings dignity to food assistance. To be in control of your food intake also cuts down on waste when people know what they inevitably will not eat. Many of the pantries in our network have adopted a form of the choice pantry model. The choice model gives participants choices from each food group. We provide nutritious food that helps foster lifelong health.

Offering a Hand

Celebrating our Volunteers

By Paloma Herrera

Well folks, it's officially the New Year! 2019 is upon us, and with it comes the hope of a fresh start through the process of reflection. When taking stock of 2018, it's clear that our volunteers truly showed up for their Humboldt community. From the spring time, with our Annual Letter Carrier's Food Drive, to the winter, which brought our Holiday Spirit Food & Fund Drive, community members like YOU - donating their time, money, and food - demonstrated the generous spirit of Humboldt. The holidays especially brought out the best in folks who wanted to make sure that no North Coast neighbor went hungry this season.

This season was particularly busy for Werner, one of our dedicated volunteers, who has consistently donated his time for the last four years! Werner is a recognizable face out and about in Eureka, and he has made himself known in the community as someone willing to lend a helping hand wherever and whenever possible. Werner shared, it's the satisfaction of fulfilling his purpose that keeps him coming back to volunteer at Food for People again and again!

We sat down with Werner to talk a little bit about the help he has given Food for People in the last year, and what he is excited about in the new year. Werner works in the Eureka Choice Pantry as a Shopper's Helper, assisting community members as they shop around the pantry. As he claims, the best part of that job is the fact that he is serving community members by making sure that the people who come into the pantry have the best foods available for their bodies. And he's right - Food for People strives to serve fresh produce and food items with a high nutritional content so our neighbors vulnerable to hunger can live their healthiest life. Those aren't all the benefits, though - having been a Eureka local for several decades, Werner loves being able to see familiar faces and meet new ones in the pantry. The way Werner sees it, there's always an opportunity to strengthen our sense of community - one great way he likes to do that is by building relationships with the people we serve. The payoff of a strong community is deeply felt by all who enter the food bank.

Is 2019 your year to volunteer with Food for People? Are you a Humboldt local looking for some volunteering opportunities on the weekends in the New Year? Look no further - Food for People has a 2nd Saturday of the month volunteer event for folks who have limited time during the week. It is the perfect event to bond with family and friends while helping



Our
not
wi

THANK YOU

To our Golden Circle Hunger Fighters

This year's Hunger Fighter Challenge, which spans the months of November and December, consisted of 48 participating teams that helped collect 6,776 pounds of food and \$3,760 for Food for People's 26th Annual Holiday Spirit Food & Fund Drive! We want to thank all of the individuals, organizations, and businesses who helped make the 2018 Hunger Fighter Challenge a success!



Thank you to everyone who helped make our Holiday Spirit Food & Fund Drive successful!

And all the individuals in our community who gave food, funds, or time to help others during the

Hunger Fighter Champions

Academy of the Redwoods
American Ag Credit
Area 1 Agency on Aging
Backcountry Horsemen of California,
-Redwood Unit
Beneficial Living Center
Changing Tides Family Services
City of Arcata
Coast Central Credit Union
Compass Community Credit Union
Dell'Arte International
Department of Rehabilitation
DHHS - Community Wellness Center
DHHS - Social Services
DHHS - Public Health
Environmental Technology, Inc.
Garfield Elementary
Glen Paul School
House of Nice
Humboldt Community Access &
Resource Center
E Street Center
Sequoia Center
Humboldt County Planning & Building
Department
Humboldt Independent Practice
Association (IPA)
Humboldt IPA - Priority Care
Hunter, Hunter & Hunt
LACO Associates
LiFTED – Arcata
Mad River Community Hospital
Northcoast Horticulture Supply
Northtown Coffee
Outer Space Arcata
Redwood Curtain
Brewing Company
Satori Wellness
Six Rivers Brewery
Social Security
State Compensation Insurance Fund
Stephanie's Home Cooking
US Department of Fish & Wildlife

Holiday Funding Partnership

Humboldt Health Foundation
Humboldt Area Foundation
Mel & Grace McLean Foundation
Patricia D. & William B. Smullin Foundation
St. Joseph Health Foundation
Christine & Jalmer Berg Foundation

Food Drop-Off Barrel Hosts

Bridgeville Community Center
Bridgeville Elementary School
C C Market & Deli
Community Credit Union
Eureka Natural Foods
Ferndale Community Church
Grocery Outlet
Hupa Family Resource Center
K'ima:w Medical Center
Les Schwab Tire Center
McKinleyville Family Resource Center
McKinleyville New Heart Church
Murphy's Markets
North Coast Co-op
Ray's Food Place
Redway Family Resource Center
Redwood Capital Bank
Root 101 Nursery
Safeway
Swain's Flat Outpost
Tri Counties Bank
US Postal Service Offices:
- Blue Lake - Bridgeville - Ferndale
- Hoopa - Rio - Dell - Scotia
- Willow Creek

Umpqua Bank

Wildberries Marketplace

Additional Community Donors

Bayside Makers Fair
Boys & Girls Club Eureka
- Wes Vega Concert
Eureka Women's Club
Humboldt Interfaith Fellowship United
Congregational Christian Church
KHUM 104.7FM – Radio without the rules
North Coast Emergency Physicians

Thank Senator



Senator Mike McGuire

Senator Mike McGuire's grand success in Humboldt County is a testament to his dedicated and inspiring high school and college years. Thank you to more than triple the year. Thank you to schools: Arcata, McKinleyville, and you to Senator McGuire's Radio, for covering for graciously hosting and sponsoring; and all who contributed to the success! Let's see if we



The Dish

Parsnip Fries with Garlic & Herbs

Ingredients

1-2 large parsnips

1 tbsp. olive or coconut oil

4 cloves of garlic - chopped
(use more if you're a garlic lover)

1 tsp. rosemary - chopped

Salt and pepper to taste

Want More Nutrition?

Every month Matt makes a wellness newsletter.
Pick it up at our Eureka location.

Or catch Matt at his next cooking class on Thursday, February 28th at the Jefferson Community Center at 3:00 PM. Email Matt for information or to RSVP
mdrummond@foodforpeople.org

Delicious & Nutritious

A Healthy Fry you have to try

By Matt Drummond

The next time you're in the grocery store or choice pantry. This odd shaped relative of the carrot can be added to soups, and mashed vegetables. Parsnips are packed with vitamins, and fiber and add more flavor and complexity to dishes alone. Pick up some parsnips and try this parsnip fry recipe.



The Recipe

Step One - Preheat your oven to **400 degrees**.

Step Two - Line a baking sheet with foil or parchment paper.

Step Three - Cut your parsnips into small shoestring pieces and

Step Four - Drizzle the fries with oil and toss until they are coated

Step Five - Add salt and pepper to taste.

Step Six - Spread the fries out on your baking sheet in an even

Step Seven - **Bake for 15-20 minutes** and then take them out to cool a bit. Add garlic and herbs.

Step Eight - Place them back in the oven and bake for **another 5 minutes** to reach your desired crispiness.

“
Because of your
help, we have
fresh vegetables.
MPP Recipient

”

Nutrition for All

Fresh Vegetables on the Move

By Adam Hayes

It was 10:00 AM on a cold Thursday morning. I was waiting outside of Food for People's Eureka location to go on my Mobile Produce Pantry (MPP) trip. The MPP is a 27 foot refrigerated truck that delivers fresh fruits and vegetables in a free food pantry in Humboldt County. I had never stopped in Orick before. In fact, in my five years in Humboldt I had not been to any MPP sites. Mike Seeber, the Mobile Produce Pantry Coordinator, walked up to me with a smile on his face and

As we drove up the 101, the rain didn't pick up until we hit Trinidad. The Mobile Produce Pantry truck took us through the increasingly wooded highway. The truck's name is Izzy the Isuzu, and on her dashboard is a head that danced with the contours of the highway. As we began to talk about the MPP, Mike told me he believed in Food for People. He explained how the combination of getting to drive around our beautiful county, handle spectacular views, and help people who are genuinely grateful is something that makes for very fulfilling work. I laughed at the thought of smiling but I tucked the idea into the back of my mind.

When we arrived at the site in Orick, we were greeted by an eager volunteer named Laura and George at the pantry site. George's good humor, spirit, and quick wit led me to believe that there is room for great joy in the food. When it was time to unload the truck, Lisa from the Humboldt County Department of Health & Human Services (DHHS) was in the Engagement Vehicle. Having the DHHS staff at every MPP distribution makes it easy for people to connect with the food. Lisa quickly set up the produce under cover from the rain. It was now 11:50 AM, 10 minutes before we were going to start. Several people were waiting in line who were talking about the meals they were excited to cook for the holidays. One man was making a bean casserole he couldn't wait to make for his five children. They planned on doing all of the cooking on the 2nd of Christmas without any worries.

As the distribution began, I overheard people talking about the produce. One woman looked hesitantly at a bin of Romanesco. The person in line next to her said that if you add a little bit of butter, brussel sprouts are to die for. The woman looked at the bin, and then proceeded to excitedly fill her bag. There was a unanimous fascination with the bin of Romanesco. No one had seen or tried one before. The beautiful symmetry and geometric swirls left most people confused. "This is food I've never tasted. The taste is a mix between broccoli and cauliflower. A woman looked at me and said, "I'll try one. If I don't like it, I will throw it away like a Christmas tree." We both chuckled at the thought of a Romanesco ornament. A son and daughter were helping their mother. The daughter passed by the parsnips, and in the pile there was one that was bigger than her head. I picked it up and showed it to her. The parsnip with magical nutrient powers. The daughter looked at me with eyes wide in astonishment; the brother with an unwavering smile on his face. We know what an important resource the MPP is for low income people living in the county. If you are in a tight spot financially, you cannot afford vegetables like brussel sprouts, so for many families, this is their only source of fresh produce.

Right as it was time to leave, the wind picked up and the rain gave us an incentive to head home. While we were at headquarters, I got to reflect on whether Mike does in fact have the best job at Food for People. People were everywhere. We saw families, seniors, and children collect wonderful produce and have important conversations about food. After all of the smiles, appreciation, and even having a woman hug me out of pure gratitude, after which we were





Taking a Stand

Our Advocacy Work

By Heidi McHugh

In 2018 Food for People sent nearly 40 letters to our elected representatives in the State and Federal government. Why? Because we cannot fulfill our mission to eliminate hunger with food alone. One of our guiding principles states that we believe the root causes of food insecurity must be addressed to realize our long-term goal of eliminating hunger. Poverty and hunger are inextricably linked. Anything that can reduce or exacerbate poverty will have the same effect on food insecurity. Policies proposed in Washington D.C. and Sacramento can create or reduce the need for our services and directly impact the amount of service we can provide. Food for People engages in policy advocacy as a means to fulfill our mission, educate our community, and to empower our program participants.

The scope and scale of our advocacy efforts is varied. We send letters to support or oppose legislation that might affect the amount of food and funding charitable food organizations receive in State and Federal budgets or how the tax code is written to incentivize charitable giving. We are active in the Californians for SSI (Supplemental Security Income) coalition that strives to increase SSI grant amounts and is celebrating a major victory that will allow SSI recipients to access CalFresh. Nearly half of the households Food for People serve have at least one member who receives SSI. We monitor the reauthorization of the Farm Bill every five years with intense scrutiny, because the funding levels and regulations for programs like SNAP (Cal-

SNAP. We were successful, and the cuts in SNAP funding. Farm Bill and popular Market Match program the benefits at local farmers' markets.

Food for People hosted free documentaries that focus on hunger followed by panel discussions to explore locally to reduce hunger and poverty, teens, and program participants to Action Day to speak with our State presence of facing hunger in Humboldt the California Association of Food National Anti-Hunger Policy Conference speak directly with our members of policy. These face-to-face interactions reminder of the unique vulnerability experience with policy changes, and forgotten behind the "Redwood Cure"

As I write this article, Food for People is holding the potential impacts of the government holds that access our programs CalFresh, WIC, School Nutrition commodities. Most of these programs are some through March. Should the state past March, there is no certainty of funding like ours are bracing for the impact we understand that people will need. The problem is, the gap is a chasm. If provided through charity, these federal (Bread for the World). On a normal programs for the same reason; food the resources and funding to tackle

Tribute & Memorial Contributions

You can honor a friend or family member by making a donation to Food for People. Simply add a notation to your gift. If you include an address we'll send a card to let that person know about the donation. It is a great way to celebrate and/or honor the memory of someone you love.

In Memory Of

April Conant
Betty Boozer
Deanne Ramsey
Dennis P. Murray
Errol Comma
GeorgeAnn Wence
Harvey Jossun
Helen Person
Ivanka Velinova
Jacque Kesinger
Jane Chambers
Janice Gray
Joan Harper
Joe Myers
John & Rose Losa
Julius & Sydney Schwartz
Justin Keele
Karen Dunwrit
Kelly Kyle
Laurey & Jay Sullivan
Laurie Wainwrightville
Loretta Speziale
Lynn Robbins
Mario & Jane
Mark Morgan
Marlene Laidlaw
Pete Pettersen
Richard C. Day
Ruth Farmer
Russell Green
Ruth & Salvatore Mylie
Shelly Miller & Marilyn June
Sons John, Jason, &

In Honor Of



Aaron Binnie
Anne Fenimore
Ann & Todd Petty
Ben & Charlie Narwold
Berget Jelane
Beverly Ann
-Happy 83rd Birthday!
Bob, Shannon, & Jim
Bruce & Shirley Miner
Bud & Missy Talbot
Case Managers at Open Door
County Democratic Central Committee
Dallas Rhodes
Don Plato
Douglas R. Knott
Ed & Sage
Erika Makino
Food for People's volunteers & donors
Glenda Hesseltine
Hugh Scanlon & Sharon Levy
Jacque Kesenger
Jannetje Vrieze
Jason S. Hood
Jim & Mary Jo Renner
Joan & Frank Marino
Joan Steeves
John Gordon MacKinney
John & Laura
Katy & Mike Yanke
Ken & Troy Dean
Kylah Rush
Laurel Skye
Liz Killian
-Happy Birthday!
Margaret Lang & Steve Railsback
Mary Wolaver
Maureen Saunders
Megan Montgomery
Rebecca Simone
Rev. & Mrs. Paul Chaffee
Room #19, Arcata Elementary School
Roberta Nebergall
Stillwater Sciences - Arcata
Sue Buckley & Dianne Deckler

Food
The Food Ba

Mission. ing to improve ing of c access t foods, and adv

Vision. W where e good o understa of hunge is commi ger, heal

More. Fo Food fo countyw grams or involved www.fo



FULL
part

For more
www.fo

A spec
Our newsletter
using soy ink
generated in
printing is se
to the press

Thank You to our 2011 Holiday Spirit Food & Fund Drive Sponsors

_____ Made possible by _____



Times-Standard

The North Coast's Daily Newspaper Since 1854



PHILIPPE LAPOTRE

A R C H I T E C T

2300 MYRTLE AVE. SUITE A T:(707)442-8867
EUREKA, CA 95501 F:(707)442-8872

W W W . P L A R C H I T E C T . C O M



Belonging Never Felt Better™

Coast Central
Credit Union



NORTH COAST
CO-OP



GREEN DIAMOND
Resource Company

REDWOOD
NEWS

28
KEVU

23
KAEF

3
KREM-TV EUREKA

Jassen Mall

MYLEX
Your connection to new technology

Redwood
Capital Bank

LOST COAST



BICO



MA

99.1 K
Humboldt

THE EDGE
106.7 FM

RECOLOGY HUMBOLDT COUNTY